

CHECK YOUR HEALTH!



THIS COUPON ENTITLES _____ UP TO FOUR (4) HOURS OF

ADMINISTRATIVE LEAVE FOR PREVENTIVE HEALTH/ANNUAL EXAMS

1	2	3	4
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(SUPERVISOR - INITIAL IN BOXES PROVIDED)

HEALTH PRACTITIONER SIGNATURE: _____

DATE: _____

COUPON EXPIRES DECEMBER 31, 2002

DETACH SIGNED COUPON AND STAPLE TO TIME SHEET

To: All UDOH Benefited Employees

From: Rod L. Betit
Executive Director

Date: December 21, 2001

Subject: Administrative Leave for Preventive Health/Annual Exams

With today's busy work schedules, finding time for preventive health care appointments can be difficult. In order to help our employees fit these appointments into their busy schedules, we are pleased to present employees with a coupon redeemable for up to four (4) hours of administrative leave. These coupons will cover time spent at an annual physical examination and preventive health care appointments between January 1, 2002 and December 31, 2002. The time away from the office will need to be scheduled with your immediate supervisor before using your coupon and may be used in one-hour increments. The supervisor will initial each 1-hour box as it is used.

Studies show that preventive examinations and health maintenance programs can reduce absenteeism and enhance productivity. Employees who have state-sponsored health insurance coverage have well-care benefits that cover one yearly physical examination to include pap smear tests, mammograms and prostate exams. In addition, PEHP will pay for annual Healthy Utah checkups, which include cholesterol, and blood pressure tests and they also provide incentives for exercising, lowering weight, diabetes control, lowering blood pressure, lowering cholesterol levels, and quitting smoking. Check the Healthy Utah Calendar or visit Healthy Utah online at www.healthyutah.org for more information and to schedule your appointment.

The DOH Wellness Council and DOH Management encourage our employees to be healthy. I encourage you to take advantage of these opportunities to "Check Your Health".